



# Breastfeeding Friendly

**Supporting families to feel confident  
breastfeeding out and about**

**If there is anything we can do  
to help you feel more comfortable  
please let us know**

**For breastfeeding support call  
the National Breastfeeding Helpline  
0300 100 0212**

Open 9.30am - 9.30pm every day (calls charged at national rate)



The Breastfeeding Network is a registered Scottish charity no. SC027007  
The Breastfeeding Network is a company limited by guarantee, company no. 330639



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